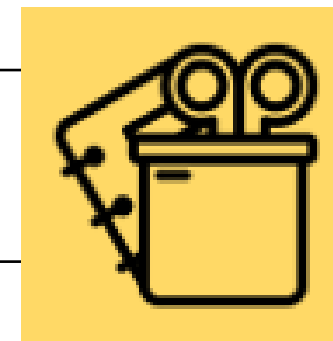


## Objectives and Sticky Knowledge



### Previous Knowledge Recap:

We follow a recipe to create something to eat.

Ingredients list show the amounts needed of each food.

It is important to make healthy food choices for our bodies.

### Land Objectives and Sticky Knowledge:

**To weigh out ingredients and follow a given recipe to create a dish.**

1. I can read the scale on a weighing scale.
2. I can convert between mls and ls and g and kgs.
3. I know that 1000g = 1kg.
4. I know that 1000ml = 1l.

**To explain which food is healthy and which food is not.**

1. There are 5 main food groups.
2. These are:
  - fruit and vegetables;
  - potatoes, bread, rice, pasta and other starchy carbohydrates;
  - beans, pulses, fish, eggs, meat and other proteins;
  - dairy and alternatives;
  - oils and spreads.

**To know when food is ready for harvesting.**

1. Crops that need to be harvested regularly must be picked as soon as their fruits turn ripe.
2. The four steps of harvesting are reaping, threshing, cleaning, and transporting.
3. Harvest runs from as early as mid-September to as late as the end of November.













### Sea:

Links with 'Communication':

### **Links with CST and CKA Values Crown:**

# Year 5 Design Technology Advent 2 Knowledge Organiser



<b>CABBAGES</b>  When head has reached the desired size. Should be firm to the touch.	<b>CANTALOUPE</b>  When the cantaloupe breaks easily and cleanly from the stem.	<b>CAULIFLOWERS</b>  When the plant head is white and compact. Keep some leaves attached.	<b>CORN (SWEET)</b>  When you squeeze a kernel and a milky liquid squirts out.
<b>CUCUMBERS</b>  When cucumber is dark green, at least 5 inches long and 2 inches in diameter	<b>GRAPES</b>  When you test a grape for the typical flavor and smell of ripeness. Color is not an indicator.	<b>LETTUCE (HEAD)</b>  When head is firm. Pull leaves off instead of taking off full head.	<b>PEAS (GREEN)</b>  When pod is full. Earlier harvests yield more tender peas.
<b>PEACHES</b>  When fruit begins to soften and color is no longer green. Taste for ripeness.	<b>PEARS</b>  When they are not quite ripe. Sample for light taste. Ripening continues after harvest.	<b>POTATOES, IRISH</b>  When the tops have become yellow or die back. Trigger this by cutting foliage 10 to 14 days earlier.	<b>PUMPKINS</b>  When the skin is orange and gourd is firm. Always harvest before the first frost.

## Sky Objectives:

1. Designing a stable structure able to support its own weight, with focus on triangulation
2. Select appropriate tools and equipment for particular tasks, using these safely and accurately e.g. saws.
3. Suggesting points for improvements for own design and those designed by others

**Fruit and vegetables**  
Eat at least five portions every day.

**Foods high fat, salt and sugar**  
This type of food is not needed to be healthy. If eaten, have less often and in small amounts.

**Beans, pulses, fish, eggs, meat and other protein**  
Eat some foods every day.

**To ensure that a recipe works, it is important to weigh and measure ingredients accurately.**



**A recipe is made up of 3 parts:**

- ingredients: a list of all the ingredients needed (metric);
- equipment: a list of all the equipment;
- method: how to make the dish.



**Hydration**  
Water and lower fat milk are healthier drink choices. A max of 150ml of juice or smoothie a day.

**Potatoes, bread, rice, pasta or other starchy carbohydrates**  
Eat a food from this group at every meal. Go for wholegrain varieties.

**Oils and spreads**  
Eat in small amounts.

**Dairy and alternatives**  
Have some of these foods every day, e.g. a pot of yogurt and a cheese sandwich.

**Food packaging has nutrition information which can help people make healthier choices.**



**There are a number of simple healthier ways to prepare and cook foods.**

**Recipes can be made healthier by:**

- changing the cooking method;
- not adding salt to food;
- adding fruit or vegetables;
- removing, adding or changing an ingredient;
- changing the portion size.

